

# Bean Sprout Salad (豆苗沙拉)

## Ingredients

- 200g / 1/2lb bean sprouts
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 1 tsp minced garlic
- 1 tsp salt
- 1 tsp pepper

## Method

1. Rinse bean sprouts and boil for 3 minutes.
2. Drain and run through cold water to stop them cooking.
3. Toss through the remaining ingredients.

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